

A Multidisciplinary Approach to a Common Problem

Snoring and sleep apnea can lead to problems far more serious than the disruption of bedroom harmony. Sleep-disordered breathing is associated with high blood pressure, cardiovascular disease and stroke. The condition also increases one's risk for automobile accidents.

The MUSC Snoring Clinic is a unique multi-specialty medical practice dedicated to the diagnosis and treatment of sleep-disordered breathing. The clinic is staffed by a sleep surgeon, a medical sleep specialist, and a certified respiratory therapist who all meet the patient at the time of the initial office visit.

Patients receive a comprehensive assessment of health risks associated with their condition; an individualized treatment strategy to reduce their long term risks, eliminate snoring and improve their quality of sleep; and ongoing reassessment of their condition and progress using objective and validated measures in order to ensure the most positive outcomes possible.

Locations

MUSC ENT Associates

East Cooper Medical Arts Building
1280 Johnnie Dodds Boulevard, Suite 205
Mt. Pleasant, SC 29464

MUSC Specialty Care

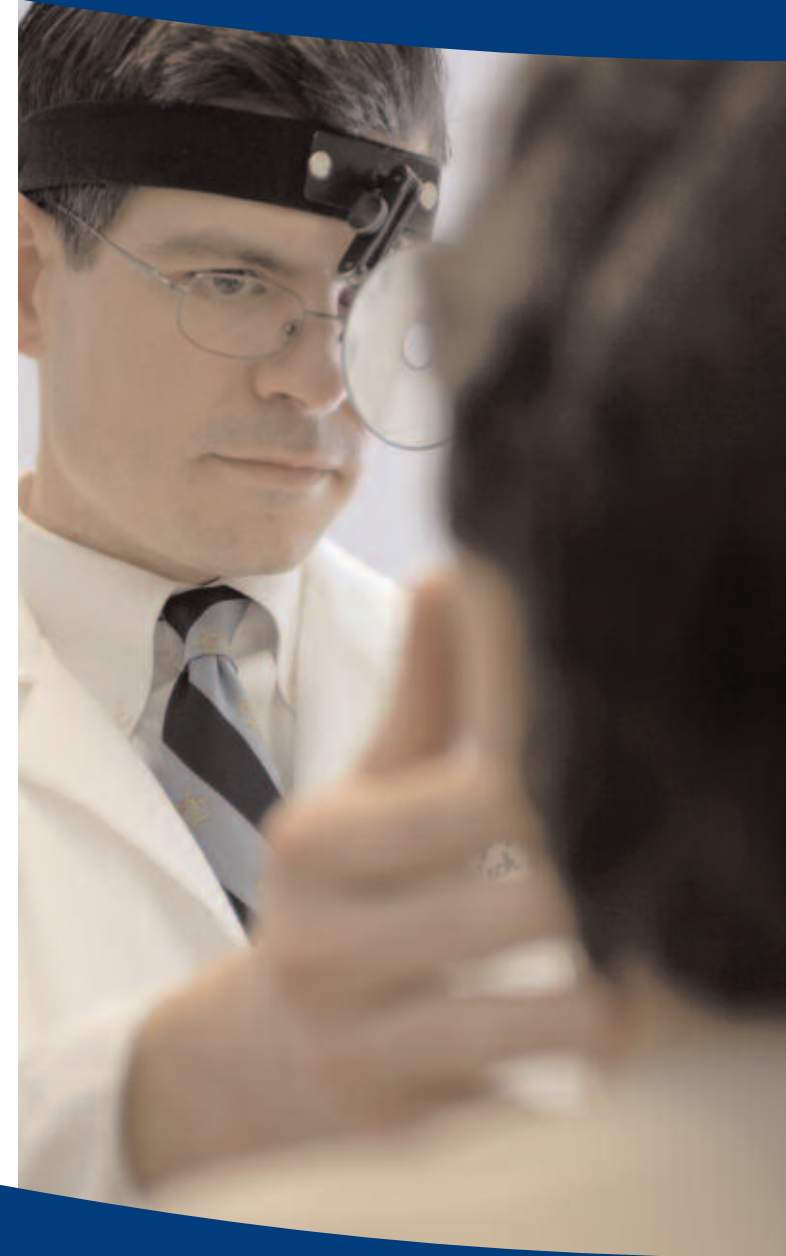
University Place
8992 University Boulevard
North Charleston, SC 29406

Referring physicians

For consultation or referral, call MEDULINE at 1.800.922.9520 or locally at 792.2200.

Patients

To make an appointment, call 843.792.1414.



Medical Staff

M. Boyd Gillespie, MD, MS, FACS

Director, MUSC Snoring Clinic

Associate Professor of Otolaryngology- Head & Neck Surgery

Eric Lentsch, MD

Sleep Surgeon

Assistant Professor of Otolaryngology- Head and Neck Surgery

Judith Skoner, MD

Sleep Surgeon

Assistant Professor of Otolaryngology- Head and Neck Surgery

Qanta A.Ahmed, MD, FCCP, DABSM

Board-Certified Sleep Specialist

Assistant Professor of Pulmonary and Critical Care Medicine

Paola Tuminello, MD, DABSM

Board-Certified Sleep Specialist

Assistant Professor of Neurology

Beverly Attaway, DMD

Maxillofacial Prosthodontics

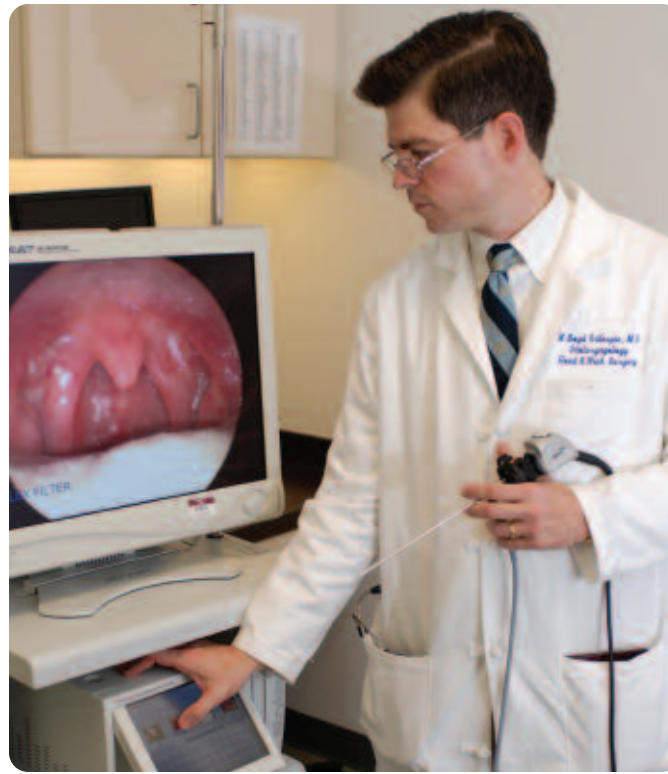
Assistant Professor of Otolaryngology and Dental Medicine

Sleep Surgeon

- Provides a comprehensive examination with endoscopy of the patient's anatomy in order to determine the upper airway sites most likely involved in obstruction
- Identifies and medically manages sources of upper airway inflammation that may contribute to sleep-disordered breathing including sinusitis/ allergy, nasal polyposis, adenotonsillar hypertrophy, laryngopharyngeal reflux, and smoking
- Offers office-based and inpatient surgical services to patients with benign snoring without apnea, upper airway resistance syndrome (UARS), mild sleep apnea with identifiable anatomical obstruction, CPAP intolerance after adequate trial period (minimum 3 months for moderate or severe apnea), and nasal obstruction due to anatomical deformity resistant to medical therapy

Medical Sleep Specialist

- Consults on all new patients with sleep-disordered breathing, and provides follow-up of both CPAP and post-surgical patients
- Focuses on the management of comorbidities, obesity, lung disease, sleep hygiene, and medications that may affect sleep



Dr. Gillespie lorem itsem dolor sit. Lorem itsem dolor sit.

- Schedules and reads all sleep studies at a an accredited sleep diagnostic laboratory
- Schedules CPAP trials as indicated, and prescribes CPAP to patients with moderate or severe apnea, and to those with milder apnea or UARS who choose CPAP therapy
- Monitors CPAP compliance over the course of several months, and refers non-compliant patients to the sleep surgeon for evaluation
- Cares for other sleep disorders including restless leg syndrome, insomnia, narcolepsy, enuresis, among other conditions

Maxillofacial Prosthodontist

The maxillofacial prosthodontist is available when sleep-disordered breathing results from dental and jaw-related abnormalities. A small lower jaw or large tongue can often be seen in patients with sleep disordered breathing. Patients with this condition who have mild or moderate sleep apnea often benefit from a custom-made oral appliance ("bite block") that fits comfortably in the mouth and is worn during sleep. This moves the lower jaw forward, and results in enlargement of the posterior breathing space.

Respiratory Therapist

- Present at the time that patients are prescribed CPAP in order to do a mask fitting and follow-up of patients to ensure compliance
- Provides follow-up data from the CPAP machines to the medical sleep specialist
- Offers the potential of home sleep studies for patients who may benefit from a sleep screening or who are reluctant to undergo a full night polysomnogram.

Academic Mission

The Medical University of South Carolina is an academic institution dedicated to excellence in patient care, teaching, and research. Select patient cases will be presented at multi-specialty sleep teaching conferences. In addition, MUSC Snoring Clinic patients will be assessed for eligibility for clinical trials investigating the latest advancements in the diagnosis and treatment of sleep-disordered breathing.

Diagnostic Services

- Comprehensive multi-channel laboratory polysomnography at an affiliated accredited facility.
- Level 3 home snoring and sleep apnea screening
- Upper airway endoscopy
- Maxillofacial radiography

Treatment Services

Behavioral

- Weight loss and exercise counseling
- Smoking cessation services
- Sleep hygiene counseling
- Sleep-related medication management
- Positional therapy

Medical

- Restless-leg syndrome
- Nasal and allergy management
- Gastroesophageal reflux management

- Oral appliance
- Continuous positive airway pressure (CPAP)-custom fitting and counseling services.

Surgical

Office-based:

- Pillar procedure
- Inferior turbinate reduction
- Palate somnoplasty
- Tongue base somnoplasty

Hospital-based:

- Septoplasty
- Inferior turbinate reduction
- Rhinoplasty
- Nasal valve repair
- Tonsillectomy/ Adenoidectomy
- Uvulopalatopharyngoplasty
- Tongue base reduction
- Hyoid suspension
- Maxillomandibular advancement
- Tracheotomy
- SCOOP catheter